

Name: _____ Age: _____ Date: _____

Please circle the number that BEST describes your symptoms. Circle ONLY ONE number.

1. The room spins for less than one minute when I lie down, roll over in bed, or tilt my head back.
2. I get temporarily dizzy, light-headed or off-balance when I stand up, worse if I stand quickly.
3. I have had several episodes of severe vertigo with nausea lasting for hours at a time, with fullness and noise in one ear that increases when I am dizzy.
4. I have had several episodes of severe vertigo lasting hours at a time, sometimes accompanied by headache and/or sensitivity to light.
5. I had an episode of constant spinning vertigo and nausea for one to three days, and I feel like I have not recovered back to normal yet.
6. I am unsteady whenever and as long as I am on my feet. I am fine while sitting or lying down.
7. I don't really feel dizzy or off balance, but I am afraid of falling (or have already fallen).
8. None of these describe my symptoms.

****If you have circled more than one number, please go back and correct***

On a scale of 1 to 10, with 1 being mildly annoying, and 10 being debilitating and life-altering, how would you rate the severity of your dizziness or imbalance?